

ABSTRACT OF THE DISCLOSURE

5 An external reference system, which allows a golfer to aim and control his body and swing alignment. The preferred embodiment of the present invention includes a self contained, independent device that may be removably affixed to the golfer at various points of his body, the particular location corresponding to the area the golfer wishes to focus on with respect to proper alignment, such as the golfer's feet, legs or back. The external referencing system, generated by an emitted laser beam, allows the golfer to achieve proper body alignment with reference to a target.

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